

Project 880
2001 Dietary Practices Survey
Survey Instrument
July 24, 2001

Intro

[intro]

Hello, my name is _____ and I'm calling for the California State Department of Health and the Public Health Institute.

1. PROCEED TO NEXT QUESTION
2. No answer
3. Normal busy
4. Answering machine
5. Do not wish to dial this number (Null attempt)
6. Callback
7. Non-Working Number
8. Business Number
9. Fax/Modem/Data Line
10. Spanish Callback

Intro2

[intro2]

We're doing a study of California residents regarding their food and exercise habits to help in planning health, nutrition, and education programs for California. Your household has been randomly chosen by the computer to be included in the study. The information you provide will be completely confidential.

1. Yes, continue
2. Person REFUSED to cooperate (TERMINATE)

Adults

[Adults]

Our study requires that we randomly select one adult who lives in your household to be interviewed. How many members of your household, including yourself, are 18 years of age or older?

Enter the number of adults
99 = REFUSED (TERMINATE)
0 = NONE (TERMINATE)

Men**[Men]**

How many are men?

0. None
1. One
2. Two
3. Three
4. Four
5. Five
6. Six
7. Seven
8. Eight
9. Nine

Women**[Women]**

How many are women?

0. None
1. One
2. Two
3. Three
4. Four
5. Five
6. Six
7. Seven
8. Eight
9. Nine

ILANG**[LANG]**

Would you prefer to do the interview in English or Spanish?

1. English
2. Spanish (ALTERNATE TO SPANISH - CANNOT GO BACK TO ENGLISH)

START**[START]**

The first series of questions are about what you ate for your meals and snacks yesterday. When I ask about FRUITS AND VEGETABLES keep in mind that I mean ALL forms including: fresh, canned, frozen and dried, as well as fruit and vegetable juices, soups and stews made with vegetables, salads, salsa, and potatoes. When I ask about SERVINGS, a serving is whatever you think of as a normal portion for yourself.

Q1

Did you eat a morning meal (breakfast) yesterday?

1. Yes
2. No (GO TO Q25)
8. DON'T KNOW (GO TO Q25)
9. REFUSED (GO TO Q25)

Q2

Did you have any fruit, vegetables, salad, or juice for your morning meal (breakfast) yesterday?

1. Yes
2. No (GO TO Q25)
8. DON'T KNOW (GO TO Q25)
9. REFUSED (GO TO Q25)

Q3

Which fruit, vegetables, salad or juice did you have at your morning meal (breakfast) yesterday?

IF SALAD:

- A) Was there lettuce or any other greens in the salad?
- B) Other than lettuce, what were the main one or two ingredients? EX. [Enter GREEN SALAD/INGREDIENT #1/INGREDIENT #2]

IF MIXED ITEMS: PROBE to ID the main item

Fruit/Veg/Juice

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Type

- Q4**
- Q5**
- Q6**
- Q7**
- Q8**
- Q9**
- Q10**
- Q11**
- Q12**
- Q13**

Number of Servings

- Q14**
- Q15**
- Q16**
- Q17**
- Q18**
- Q19**
- Q20**
- Q21**
- Q22**
- Q23**

INTERVIEWER IDENTIFY:

1. POTATO LISTED (GO TO Q24)
2. NO POTATO LISTED (GO TO Q25)

Q24

How was your potato prepared?

1. Baked, Roasted
2. Mashed
3. Fried/French Fries/Hash Browns, etc
4. Other
8. DON'T KNOW
9. REFUSED

Q25

Did you eat a midday meal (lunch) yesterday?

1. Yes
2. No (GO TO Q50)
8. DON'T KNOW (GO TO Q50)
9. REFUSED (GO TO Q50)

Q26

Did you have any fruit, vegetables, salad, or juice for your midday meal (lunch) yesterday?

1. Yes
2. No (GO TO Q50)
8. DON'T KNOW (GO TO Q50)
9. REFUSED (GO TO Q50)

Q27

Which fruit, vegetables, salad or juice did you have at your midday meal (lunch) yesterday?

IF SALAD:

- A) Was there lettuce or any other greens in the salad?
- B) Other than lettuce, what were the main one or two ingredients? EX. [Enter GREEN SALAD/INGREDIENT #1/INGREDIENT #2]

IF MIXED ITEMS: PROBE to ID the main item

Fruit/Veg/Juice

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Type

Q28

Q29

Q30

Q31

Q32

Q33

Q34

Q35

Q36

Q37

Number of Servings

Q38

Q39

Q40

Q41

Q42

Q43

Q44

Q45

Q46

Q47

Q48a**INTERVIEWER IDENTIFY:**

1. GREEN SALAD LISTED (GO TO Q48)
2. NO GREEN SALAD LISTED (GO TO Q49a)

Q48

Was the dressing you had on the salad regular dressing, reduced fat or reduced calorie, vinegar, lemon juice, salsa, or no dressing at all?

1. Regular
2. Light/Lowfat/Reduced Calorie/Reduced Fat (includes Low-Fat Yogurt)
3. Vinegar/Lemon Juice
4. Salsa
5. No Dressing At All
8. DON'T KNOW/NOT SURE
9. REFUSED

Q49a**INTERVIEWER IDENTIFY:**

1. POTATO LISTED (GO TO Q49)
2. NO POTATO LISTED (GO TO Q50)

Q49

How was your potato prepared?

1. Baked, Roasted
2. Mashed
3. Fried/French Fries/Hash Browns, etc
4. Other
8. DON'T KNOW
9. REFUSED

Q50

Did you eat an evening meal (dinner) yesterday?

1. Yes
2. No (GO TO Q75)
8. DON'T KNOW (GO TO Q75)
9. REFUSED (GO TO Q75)

Q51

Did you have any fruit, vegetables, salad, or juice for your evening meal (dinner) yesterday?

1. Yes
2. No (GO TO Q75)
8. DON'T KNOW (GO TO Q75)
9. REFUSED (GO TO Q75)

Q52

Which fruit, vegetables, salad or juice did you have at your evening meal (dinner) yesterday?

IF SALAD:

- A) Was there lettuce or any other greens in the salad?
- B) Other than lettuce, what were the main one or two ingredients? EX. [Enter GREEN SALAD/INGREDIENT #1/INGREDIENT #2]

IF MIXED ITEMS: PROBE to ID the main item

Fruit/Veg/Juice

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Type

Q53

Q54

Q55

Q56

Q57

Q58

Q59

Q60

Q61

Q62

Number of Servings

Q63

Q64

Q65

Q66

Q67

Q68

Q69

Q70

Q71

Q72

Q73a**INTERVIEWER IDENTIFY:**

1. GREEN SALAD LISTED (GO TO Q73)
2. NO GREEN SALAD LISTED (GO TO Q74a)

Q73

Was the dressing you had on the salad regular dressing, reduced fat or reduced calorie, vinegar, lemon juice, salsa, or no dressing at all?

1. Regular
2. Light/Lowfat/Reduced Calorie/Reduced Fat (includes Low-Fat Yogurt)
3. Vinegar/Lemon Juice
4. Salsa
5. No Dressing At All
8. DON'T KNOW/NOT SURE
9. REFUSED

Q74a**INTERVIEWER IDENTIFY:**

1. POTATO LISTED (GO TO Q74)
2. NO POTATO LISTED (GO TO Q75)

Q74

How was your potato prepared?

1. Baked, Roasted
2. Mashed
3. Fried/French Fries/Hash Browns, etc
4. Other
8. DON'T KNOW
9. REFUSED

Q75

Did you eat any other meals or snacks yesterday (other than the meals you just told me about)?

1. Yes
2. No (GO TO Q99)
8. DON'T KNOW (GO TO Q99)
9. REFUSED (GO TO Q99)

Q76

Did your snacks include any fruits, vegetables, salad, or juice?

1. Yes
2. No (GO TO Q99)
8. DON'T KNOW (GO TO Q99)
9. REFUSED (GO TO Q99)

Q77

Which fruit, vegetables, salad or juice did you have for a snack (other meal) yesterday?

IF SALAD:

A) Was there lettuce or any other greens in the salad?

B) Other than lettuce, what were the main one or two ingredients? EX. [Enter GREEN SALAD/INGREDIENT #1/INGREDIENT #2]

IF MIXED ITEMS: PROBE to ID the main item

Fruit/Veg/Juice

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Type

Q78

Q79

Q80

Q81

Q82

Q83

Q84

Q85

Q86

Q87

Number of Servings

Q88

Q89

Q90

Q91

Q92

Q93

Q94

Q95

Q96

Q97

Q98a**INTERVIEWER IDENTIFY:**

1. POTATO LISTED (GO TO Q98)
2. NO POTATO LISTED (GO TO Q99)

Q98

How was your potato prepared?

1. Baked, Roasted
2. Mashed
3. Fried/French Fries/Hash Browns, etc
4. Other
8. DON'T KNOW
9. REFUSED

MODIFIED IN 2001**Q99**

Yesterday, did you drink any milk or drinks made with milk, such as chocolate milk, fast-food milk shake, chai, latte, or have milk on cereal?

[INTERVIEWER: ONLY DAIRY PRODUCTS]

1. Yes
2. No (GO TO Q102)
8. DON'T KNOW/NOT SURE (GO TO Q102)
9. REFUSED (GO TO Q102)

Q100

Was the milk you drank or used regular, reduced fat or 2%, lowfat or 1%, or nonfat or skim?

[INTERVIEWER: IF MORE THAN ONE KIND ASK, "WHICH KIND DID YOU DRINK THE MOST?"]

1. WHOLE milk
2. Reduced Fat (2%)
3. Lowfat (1%)
4. Nonfat (SKIM)
8. DON'T KNOW/NOT SURE
9. REFUSED

NEW 99 QUESTION**Q101**

How many glasses of milk, drinks made with milk, or bowls of cereal with milk did you have yesterday? A glass is 8 ounces or 1 cup.

___enter number

Q102

Yesterday, did you eat any cheese, like on a cheeseburger, pizza, in a casserole, on a sandwich, or as a snack?

1. Yes
2. No (GO TO Q105)
8. DON'T KNOW/NOT SURE (GO TO Q105)
9. REFUSED (GO TO Q105)

Q103

Was the cheese reduced fat, lowfat, fat free or was it regular cheese? (INTERVIEWER: IF MORE THAN 1 KIND, ASK WHICH KIND ATE THE MOST OF)

1. Reduced in fat
2. Lowfat
3. Fat free
4. Regular cheese
8. DON'T KNOW
9. REFUSED

NEW 99 QUESTION**Q104**

How many times did you have cheese yesterday?
__(enter number)

Q105

Yesterday did you eat any yogurt, not including frozen yogurt?

1. Yes
2. No
8. DON'T KNOW/NOT SURE
9. REFUSED

MODIFIED IN 2001**Q106**

Yesterday did you eat any lowfat frozen dairy desserts like frozen yogurt, light ice cream, or soft serve? (INTERVIEWER: DOES NOT INCLUDE SHERBET)

1. Yes
2. No
8. DON'T KNOW/NOT SURE
9. REFUSED

MODIFIED IN 2001

Q107

Yesterday, how many cans or glasses of regular soda (such as cola, lemon-lime), sweetened carbonated beverages (such as Clearly Canadian), or sweetened non-carbonated beverages (such as Gatorade, Snapple, SoBe) did you drink? (NOTE TO INTERVIEWER: THAT WOULD BE A LARGE GLASS OR A 12 OZ CAN OR BOTTLE, DO NOT INCLUDE DIET DRINKS OR CARBONATED WATER)

_____ enter number here

NEW 99 QUESTION

Q108

How many times did you eat red meat, including beef, pork, lamb, or lunchmeat (red meat), hot dogs or sausages made from beef, pork or lamb yesterday?

_____ enter number of times

Q109

When you eat red meat or chicken, how often do you trim away the fat from the meat or remove the skin from chicken? Would you say you do this always, sometimes, rarely or never?

1. Always
2. Sometimes
3. Rarely
4. Never
5. Doesn't eat red meat or chicken
8. DON'T KNOW/NOT SURE
9. REFUSED

MODIFIED IN 2001

Q110

Yesterday did you eat any whole-grain bread such as 100% whole wheat, wheatberry, bran bread, rye, pumpernickel, or whole wheat tortillas? [INTERVIEWER: DO NOT INCLUDE FLOUR OR CORN TORTILLAS]

1. Yes
2. No (GO TO Q112)
8. DON'T KNOW/NOT SURE (GO TO Q112)
9. REFUSED (GO TO Q112)

MODIFIED IN 2001

Q111

How many servings of whole grain breads/whole wheat tortillas did you have yesterday? A serving is one slice of bread, one tortilla, ½ an English muffin, or a small dinner roll.

_____ enter number here

INTERVIEWER: ROUND UP TO THE NEAREST SERVING

Q112

How often do you use butter, margarine, or mayonnaise on your bread or tortillas? Would you say:

1. Always
2. Sometimes
3. Rarely
4. Never
8. DON'T KNOW/NOT SURE
9. REFUSED

Q113

Yesterday did you eat any beans such as kidney beans, refried beans, chili beans, bean soup, bean salad, or lentils?

1. Yes
2. No
8. DON'T KNOW/NOT SURE
9. REFUSED

NEW 2001 QUESTION**Q114**

Yesterday, how many times did you eat soy products, such as soy beans, soy burgers, tofu, soy cheese, or soy milk?

___ times

Q115

Yesterday did you eat a breakfast cereal?

1. Yes
2. No (GO TO Q118)
8. DON'T KNOW/NOT SURE (GO TO Q118)
9. REFUSED (GO TO Q118)

NEW 99 QUESTION**Q116**

How many bowls of cereal did you have yesterday?

_____ enter number here **INTERVIEWER: ROUND UP TO THE NEAREST BOWL**

Q117

What was the name of the cereal you ate yesterday? (note: if more than one cereal was eaten, record the kind eaten the most)

1. Enter Name:
8. DON'T KNOW/NOT SURE
9. REFUSED

Q118

Yesterday did you eat any breakfast pastries like doughnuts, danishes, sweet rolls, muffins, croissants or pop tarts? Do not include reduced fat or fat-free items.

1. Yes
2. No
8. DON'T KNOW/NOT SURE
9. REFUSED

Q119

Yesterday did you eat any deep-fried foods like French fries, fried chicken, chicken nuggets, fried fish, fried shrimp or onion rings?

1. Yes
2. No
8. DON'T KNOW/NOT SURE
9. REFUSED

Q120

Yesterday, did you eat any potato chips, corn chips, cheese puffs, pork rinds or other fried snack foods? Do not include reduced fat or fat-free items.

INTERVIEWER: INCLUDE ALL FRIED SNACK FOODS.

1. Yes
2. No
8. DON'T KNOW/NOT SURE
9. REFUSED

MODIFIED IN 2001

Q121

Yesterday, did you eat any desserts like cake, pie, cookies, brownies, ice cream or chocolate candy bars? Do not include reduced fat, fat-free, or lower fat items.

(INTERVIEWER: DO NOT INCLUDE REDUCED FAT OR FAT-FREE BAKERY ITEMS OR LOWER FAT DAIRY ITEMS LIKE ICE MILK, LIGHT ICE CREAM, FROZEN YOGURT OR SHERBET.)

1. Yes
2. No
8. DON'T KNOW/NOT SURE
9. REFUSED

MODIFIED FOR 97**Q122**

Yesterday how many of your meals or snacks were from a restaurant, cafeteria, or fast food establishment, either eaten there or carried out?

(INTERVIEWER PROBE: DOES THAT INCLUDE SNACKS?)

1. ENTER NUMBER: **(Ans in Q122A)** (IF NONE, GO TO Q128)
8. DON'T KNOW/NOT SURE (GO TO Q128)
9. REFUSED (GO TO Q128)

Q123

Were any of these meals or snacks from a fast-food restaurant (such as McDonalds, Carl's Jr, Taco Bell, Burger King, KFC, Pizza Hut, or a Food Court)?

1. Yes
2. No (GO TO Q126)
8. DON'T KNOW/NOT SURE (GO TO 126)
9. REFUSED (GO TO 126)

NEW 2001 QUESTION**Q124**

What meal or meals yesterday did you eat at a fast food restaurant? (Check all that apply)
(DO NOT READ)

1. Breakfast
2. Lunch
3. Dinner
4. Snack
8. DON'T KNOW
9. REFUSED

NEW 99 QUESTION

Q125

So yesterday, how many of your meals or snacks came from a fast food restaurant?
_____ enter number

[Check if total of Q124 equals Q125]

NEW 2001 QUESTION

Q126

So yesterday, how many meals or snacks came from a restaurant that is not a fast food restaurant?

_____ enter number (if answer = 0, GO TO Q128)

- 8. DON'T KNOW/NOT SURE
- 9. REFUSED

[Check if Q122A equals the sum of Q125 and Q126. If not, fix]

NEW 99 QUESTION

Q127

Which of the following other types of restaurants did you eat at yesterday?

- 1. Cafeteria at work
- 2. Serve-yourself, buffet-style restaurants, like Hometown Buffet or Fresh Choice
- 3. Family oriented, casual table service restaurants, like Denny's, Lyons, Applebee's, or Olive Garden
- 4. White Tablecloth Restaurant, Fine Dining
- 5. Other specify: (Q127 O)
- 8. DON'T KNOW/NOT SURE
- 9. REFUSED

MOVED FOR 95 DIET

Now some questions about fruits and vegetables.

Q128

How many total servings of fruits and vegetables do YOU think YOU should eat every day for good health? (PAUSE) That's a combined total of BOTH fruits and vegetables.

INTERVIEWER: DO NOT ALLOW RANGE. PROBE FOR SINGLE NUMBER.

- 1. Enter Number:
- 8. DON'T KNOW/NOT SURE
- 9. REFUSED

Q129

Do you think you eat the right amount of fruits *and* vegetables now, or do you think you should eat more?

1. Eat right amount
2. Should eat more
8. DON'T KNOW/NOT SURE
9. REFUSED

**NEW 97 QUESTION
MODIFIED FOR 2001****Q130**

What is the ONE main reason why you eat fruits and vegetables? (DO NOT READ)

1. Medical Reasons/Decrease risk of disease (cancer, heart disease, high cholesterol)
2. Weight reduction/weight control
3. Trying to eat healthier foods, wanting to eat better/feel better
4. Taste/like eating fruits and vegetables
5. My children/family/friends want me to
6. To set an example for my family
7. Trying to become a vegetarian
8. Other (specify) (Q130 O)
88. DON'T KNOW/NOT SURE (GO TO Q132)
99. REFUSED (GO TO Q132)

MODIFIED FOR 2001**Q131**

What is ANOTHER reason why you eat fruits and vegetables? (DO NOT READ)

1. Medical Reasons/Decrease risk of disease (cancer, heart disease, high cholesterol)
2. Weight reduction/weight control
3. Trying to eat healthier foods, wanting to eat better
4. Taste/like eating fruits and vegetables
5. My children/family/friends want me to
6. To set an example for my family
7. Trying to become a vegetarian
8. Other (specify) (Q131 O)
88. DON'T KNOW/NOT SURE
99. REFUSED

**NEW 99 QUESTION
MODIFIED FOR 2001**

Q132

What is the one main reason you don't eat more fruits and vegetables? (do not read responses)

1. Too expensive
2. NOT SURE how to tell if the quality is good/NOT SURE how to select
3. Other people in the family don't like them
4. Take too much time to prepare and cook
5. Lots of fruits and vegetables that I'm NOT SURE how to fix
6. Don't like the taste
7. Not in habit/don't think about it/not used to eating them
8. Don't have them available, lack of access
9. They are messy
10. Concerned about safety: pesticides, genetically engineered foods
11. I believe I eat enough now
12. Other (specify): __ (132_0) _____
88. DON'T KNOW
99. REFUSED

NEW 2001 QUESTION

Q133

Are you aware of advertisements currently on television about eating fruits and vegetables?

1. Yes
2. No (Go to Q135)
3. DON'T KNOW (Go to Q135)
4. REFUSED (Go to Q135)

NEW 2001 QUESTION

Q134

What is the message in the advertisements? (do not read)

1. Eat 5 A Day
2. Eat 5 A Day and do 30 minutes of Physical Activity
3. Eat Fruits and Vegetables
4. Be Active
5. Healthy Habits (Sleep, Drink Water, Don't Smoke, etc)
6. How to prepare/cook fruits and vegetables
7. Other (Q134_0)
8. DON'T KNOW
9. REFUSED

NEW 2001 QUESTION

Q135

Are you aware of advertisements currently on the radio about eating fruits and vegetables?

1. Yes
2. No (Go to Q137)
3. DON'T KNOW (Go to Q137)
4. REFUSED (Go to Q137)

NEW 2001 QUESTION

Q136

What is the message in the advertisements? (do not read)

1. Eat 5 A Day
2. Eat 5 A Day and do 30 minutes of Physical Activity
3. Eat Fruits and Vegetables
4. Be Active
5. Healthy Habits (Sleep, Drink Water, Don't Smoke, etc)
6. How to prepare/cook fruits and vegetables
7. Other (Q136_0)
8. DON'T KNOW
9. REFUSED

MODIFIED FOR 97 -- NEW 95 QUESTION (MODIFIED)

Now I'm going to read reasons for NOT eating many fruits and vegetables.

Please say whether you agree or disagree with the following statements.

(PRESS '1' TO CONTINUE)

SLIGHTLY MODIFIED FOR DIET 95

MODIFIED FOR 97

MODIFIED FOR 99

Q137

It's hard to get fruits and vegetables at restaurants. For yourself, do you AGREE or DISAGREE?

1. Agree
2. Disagree
8. DON'T KNOW/NOT SURE
9. REFUSED

NEW 99 QUESTION

Q138

It's hard to get fruits and vegetables at fast food restaurants. For yourself, do you AGREE or DISAGREE?

1. Agree
2. Disagree
8. DON'T KNOW/NOT SURE
9. REFUSED

MODIFIED FOR 97 -- SLIGHTLY MODIFIED FOR DIET 95

Q139

It's hard to get fruits and vegetables at work, such as in the cafeteria, vending machines, food trucks or nearby restaurants. For yourself, do you AGREE or DISAGREE?

1. Agree
2. Disagree
8. DON'T KNOW/NOT SURE
9. REFUSED

NEW 99 QUESTION

Q140

I don't eat more fruits and vegetables because I'm worried about pesticides. For yourself, do you AGREE or DISAGREE?

1. Agree
2. Disagree
8. DON'T KNOW/NOT SURE
9. REFUSED

Q141

Fruits and vegetables are too expensive. For yourself, do you AGREE or DISAGREE?

1. Agree
2. Disagree
8. DON'T KNOW/NOT SURE
9. REFUSED

MODIFIED FOR 2001

Q142

Next, some questions about things you may have heard about diet and health.

Have you heard about foods that people eat or drink that might help PREVENT cancer?

1. Yes
2. No (GO TO Q144)
8. DON'T KNOW/NOT SURE (GO TO Q144)
9. REFUSED (GO TO Q144)

Q143

What foods have you heard of that people could eat or drink that might help PREVENT cancer?

INTERVIEWER: DO NOT READ CATEGORIES— CHOOSE UP TO FIVE.

- | | |
|---------|--|
| Q143_1 | Fruits and vegetables |
| Q143_2 | Deep yellow/Dark green veggies, vit. A rich (squash, yams, carrots, spinach) |
| Q143_3 | Cruciferous vegetables (broccoli, cauliflower, cabbage, brussel sprouts) |
| Q143_4 | Whole grain breads and cereals, fiber, bran and roughage |
| Q143_5 | Vitamin C fruit/vegetables (oranges, grapefruit, peppers, cantaloupe) |
| Q143_6 | Vitamin C, Vitamin A/Beta-carotene supplements |
| Q143_7 | Lowfat/No-fat foods |
| Q143_8 | Healthy/Natural/Organic foods |
| Q143_9 | Other #1 (SPECIFY): <u>(Q143 O1)</u> |
| Q143_10 | Other #2 (SPECIFY): <u>(Q143 O2)</u> |
| Q143_11 | DON'T KNOW |
| Q143_12 | REFUSED |

Q144

Have you heard of any recommendations on the total number of servings of fruits and vegetables you SHOULD eat every day for good health?

1. Yes
2. No (GO TO Q147)
8. DON'T KNOW/NOT SURE (GO TO Q147)
9. REFUSED (GO TO Q147)

Q145

What is the number of servings recommended?

INTERVIEWER: PROBE FOR A SINGLE NUMBER. DO NOT ALLOW RANGE.

1. ENTER NUMBER: **(Answer in Q145A)**
8. DON'T KNOW/NOT SURE (Go to Q147)
9. REFUSED (Go to Q147)

NEW QUESTION FOR 2001

Q146

Where did you hear the recommendation of servings of fruits and vegetables you should eat everyday for good health? (multiple response) (do not read responses)

1. Work
2. School
3. Supermarket
4. Farmer's Market
5. TV
6. Radio
7. Church
8. Family/Friends
9. Doctor's Office/Health Care Provider's Office
10. Other

NEW 99 QUESTION

Q147

Have you heard of any recommendations on the total number of servings of milk products you SHOULD have every day for good health?

1. Yes
2. No (GO TO Q149)
8. DON'T KNOW/NOT SURE (GO TO Q149)
9. REFUSED (GO TO Q149)

Q148

What was the number of servings recommended?

INTERVIEWER: PROBE FOR A SINGLE NUMBER. DO NOT ALLOW RANGE.

1. ENTER NUMBER: (ANS in Q148A)
8. DON'T KNOW/NOT SURE
9. REFUSED

MODIFIED IN 2001

Q149

Have you heard about foods that people eat or drink that might help PREVENT heart disease or stroke?

1. Yes
2. No (GO TO Q151)
8. DON'T KNOW/NOT SURE (GO TO Q151)
9. REFUSED (GO TO Q151)

MODIFIED IN 2001

Q150 _1 – Q150_12

What foods have you heard of that people could eat or drink that might help PREVENT heart disease or stroke? INTERVIEWER: DO NOT READ CATEGORIES— CHOOSE UP TO FIVE.

1. Fruits and vegetables
2. Vegetarian diet/Avoid animal foods
3. Lowfat foods, i.e. lean meat, low/nonfat milk, chicken, fat-free foods
4. Whole grains, more beans, carbohydrate
5. Low cholesterol foods/fewer eggs
6. Vegetable, olive, canola, poly/monounsaturated oils, soft margarine (less saturated fat)
7. Low salt foods
8. Supplements: Vitamin E, Fish oils, antioxidants
9. Milk (or foods high in calcium)
10. Fish
11. Other #1 (SPECIFY): (Q150 O1)
12. Other #2 (SPECIFY): (Q150 O2)
13. DON'T KNOW/NOT SURE
14. REFUSED

NEW 2001 QUESTION

Q151

Do you eat a low fat diet?

1. Yes
2. No (Go to Q153)
3. DON'T KNOW (Go to Q154)
4. REFUSED (Go to Q154)

MODIFIED IN 2001

Q152

What is the main reason why you eat a low fat diet?

INTERVIEWER: DO NOT READ CATEGORIES- SELECT ONLY ONE
(GO TO Q154)

1. Medical reasons/MD said cut back/Therapeutic diet
2. To lower risk of disease (cancer, heart disease, high cholesterol)
3. Weight reduction/Weight control
4. Lifestyle change (marriage, children, retired)
5. Trying to eat healthier foods
6. Lowfat foods are easier to get, more available
7. Like to eat lower fat foods
8. Do not eat a low fat diet
9. Other reason (SPECIFY): (Q152 O)
88. DON'T KNOW
99. REFUSED

MODIFIED IN 2001

NEW 99 QUESTION

Q153

Please tell me the main reason why you DO NOT eat a low fat diet.

(Do not read responses.)

1. Too expensive
2. Other people in the family don't like low fat food
3. Take too much time to prepare and cook
4. NOT SURE how to fix low fat food
5. Don't like the taste
6. Not available where I shop or eat
7. Not in habit/don't think about it/
8. I don't believe I need to eat any less fat/I have cut it out enough
9. Other reason (SPECIFY): ____(Q153_0_)_____
88. DON'T KNOW
99. REFUSED

SLIGHTLY MODIFIED FOR DIET 99

Now I am going to read reasons for NOT eating low fat foods. Please tell me whether you agree or disagree with each statement.

Q154

Do you agree or disagree: It's hard to find low fat foods in restaurants.

1. Agree
2. Disagree
8. DON'T KNOW/NO OPINION
9. REFUSED

NEW 2001 QUESTION

Q155

Do you agree or disagree: It's hard to find low fat foods at my workplace, such as in the cafeteria, vending machines, food trucks or nearby restaurants.

1. Agree
2. Disagree
8. DON'T KNOW/ NO OPINION
9. REFUSED

NEW 99 QUESTION

Q156

Do you agree or disagree: It's hard to find low fat foods in fast food places.

1. Agree
2. Disagree
8. DON'T KNOW/ NO OPINION
9. REFUSED

SLIGHTLY MODIFIED FOR DIET 95

Q157

Do you agree or disagree: TV advertising encourages people to eat high-fat foods.

1. Agree
2. Disagree
8. DON'T KNOW/ NO OPINION
9. REFUSED

NEW 99 QUESTION

Q158

Do you agree or disagree: TV advertising encourages people to eat too much food.

1. Agree
2. Disagree
8. DON'T KNOW/ NO OPINION
9. REFUSED

MODIFIED FOR 97 -- SLIGHTLY MODIFIED FOR DIET 95

Now I'd like to ask you some questions about shopping for food.

Q159

How many times per week or month do you shop in a grocery store or supermarket?
(INTERVIEWER: RESPONDENT ONLY...NOT FAMILY OR ANYONE ELSE.)

1. Times per week: (**Ans in Q159A**)
2. Times per month: (**Ans in Q159B**)
3. Less than once per month
4. Never (GO TO Q161)
8. DON'T KNOW/NOT SURE (GO TO Q161)
9. REFUSED (GO TO Q161)

Q160

At which grocery store do you shop most often? (INTERVIEWER: RESPONDENT ONLY...NOT FAMILY OR ANYONE ELSE.)

1. Enter store name: (Ans in Q160_O)
8. DON'T KNOW/NOT SURE
9. REFUSED

NEW 99 QUESTION

Q161

How often do you buy produce at a Farmers' Market over the summer?

- __ times per week (**Ans in Q161a**)
__ times per month (**Ans in Q161b**)
8. DON'T KNOW/NOT SURE
 9. REFUSED

SLIGHTLY MODIFIED FOR DIET 95
SLIGHTLY MODIFIED FOR DIET 99

Q162

Where do you get MOST of your fresh fruits and vegetables? (INTERVIEWER: RESPONDENT ONLY...NOT FAMILY OR ANYONE ELSE.)
(DO NOT READ)

1. Supermarket
2. Farmer's market
3. Co-op
4. Grown at home
5. Other (Specify): **(ANS IN Q162b)**
6. Never shop for groceries, someone else buys (GO TO Q168)
8. DON'T KNOW/NOT SURE
9. REFUSED

Q163

In the produce section of your grocery store, have you ever seen any banners, posters, pamphlets or special recipes about the number of fruits and vegetables to eat for better health?

1. Yes
2. No (GO TO Q165)
8. DON'T KNOW/NOT SURE (GO TO Q165)
9. REFUSED (GO TO Q165)

Q164

How often do you read the information or take it home with you?

1. Often
2. Sometimes
3. Rarely
4. Never
8. DON'T KNOW/NOT SURE
9. REFUSED

Q165

Do you usually do most of the grocery shopping in your household?

1. Yes
2. No
8. DON'T KNOW/NOT SURE
9. REFUSED

MODIFIED FOR 2001

Q166

How often do you read the food section of the newspaper, including articles, menus, and recipes, not food advertisements? Would you say...

1. Always or almost always
2. Sometimes
3. Rarely
4. Never
8. DON'T KNOW/NOT SURE
9. REFUSED

MODIFIED FOR 97

MODIFIED FOR 2001

Q167

How often do you look for weekly supermarket specials that are in the newspaper or posted in the store?

INTERVIEWER: READ RESPONSES.

1. Always or almost always
2. Sometimes
3. Rarely
4. Never
8. DON'T KNOW/NOT SURE
9. REFUSED

NEW 2001 QUESTION

Q168

Have you heard of the 5 A Day Program?

1. Yes
2. No (GO TO Q170)
8. DON'T KNOW/NOT SURE (GO TO Q170)
9. REFUSED (GO TO Q170)

NEW 2001 QUESTION

Q169

What is the 5 A Day Program about? (DO NOT READ)

1. Eating at least 5 fruits and vegetables a day
2. Eating at least 5 fruits and vegetables a day and being active
3. Being physically active
4. Nutrition and Exercise (general)
5. Healthy Habits (Sleep, Drink Water, Don't Smoke, etc)
6. Other (specify)
8. DON'T KNOW/NOT SURE
9. REFUSED

The next few questions are about exercise, recreation, or physical activities.

NEW 2001 QUESTION

Q170

When you are at work, which of the following best describes what you do? Would you say mostly sitting or standing, mostly walking, or mostly heavy labor or physically demanding work? (IF RESPONDENTS HAVE MULTIPLE JOBS, INCLUDE ALL JOBS)

1. Mostly sitting or standing
2. Mostly walking
3. Mostly heavy labor or physically demanding work
4. NOT WORKING
8. DON'T KNOW/NOT SURE
9. REFUSED

NEW 2001 QUESTION

Q171

During the past 30 days, other than your regular job, did you participate in any PHYSICAL ACTIVITIES or EXERCISE such as running, calisthenics, golf, gardening or walking for exercise?

1. Yes
2. No (GO TO Q178)
8. DON'T KNOW/NOT SURE (GO TO Q178)
9. REFUSED (GO TO Q178)

NEW 2001 QUESTION

Q172

We are interested in two types of physical activity: moderate and vigorous. Moderate activities cause small increases in breathing or heart rate while vigorous activities cause large increases in breathing or heart rate. Now, think about the moderate physical activities you do when you are not working. In a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate?

1. Yes
2. No (GO TO Q175)
8. DON'T KNOW/NOT SURE (GO TO Q175)
9. REFUSED (GO TO Q175)

NEW 2001 QUESTION

Q173

How many days per week do you do these moderate activities for at least 10 minutes at a time?

- _____ days per week
88. DON'T KNOW/NOT SURE
 99. REFUSED

NEW 2001 QUESTION

Q174

On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

- _____ : _____ hours and minutes per day
88. DON'T KNOW/NOT SURE
 99. REFUSED

NEW 2001 QUESTION

Q175

Now think about the vigorous physical activities you do when you are not working. In a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?

1. Yes
2. No (GO TO Q178)
8. DON'T KNOW/NOT SURE (GO TO Q178)
9. REFUSED (GO TO Q178)

NEW 2001 QUESTION

Q176

How many days per week do you do these vigorous activities for at least 10 minutes at a time?

_____ days per week

88. DON'T KNOW/NOT SURE

99. REFUSED

NEW 2001 QUESTION

Q177

On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

_____ : _____ hours and minutes per day

88. DON'T KNOW/NOT SURE

99. REFUSED

NEW 2001 QUESTION

Q178

How many minutes of physical activity do you think you need per day for good health?

_____ minutes

88. DON'T KNOW/NOT SURE

99. REFUSED

NEW 99 QUESTION

MODIFIED IN 2001

Q179

Do you live near a school, park, healthclub or other place where you can exercise or workout?

1. Yes

2. No

8. DON'T KNOW/NOT SURE

9. REFUSED

NEW 2001 QUESTION

Q180

How many times per month does your family do some kind of physical activity together, such as gardening, cycling, going to the park or swimming?

_____ times per month

77. Does Not Live With Family

88. DON'T KNOW/NOT SURE

99. REFUSED

NEW 99 QUESTION

Q181

Have you heard of any recommendations on the amount of physical activity or exercise you SHOULD get each day for good health?

1. Yes
2. No (GO TO 184)
8. DON'T KNOW/NOT SURE (GO TO 184)
9. REFUSED (GO TO 184)

MODIFIED IN 2001

NEW 99 QUESTION

Q182

How many days per week have you heard that you should be physically active?

- _____ Enter number of days
8. DON'T KNOW/NOT SURE
 9. REFUSED

MODIFIED IN 2001

NEW 99 QUESTION

Q183

For each of those days, how many minutes have you heard that you should be physically active?

- _____ Enter minutes
888. DON'T KNOW/NOT SURE
 999. REFUSED

NEW 2001 QUESTION

Q184

What is the main reason that you are not more physically active (choose one)? (do not read)

1. Already exercise enough
2. Not enough time/too busy
3. Don't find exercise enjoyable/boring
4. Do not have parks, trails, healthclubs, etc., to exercise at
5. Unsafe Neighborhood to exercise in
6. Lack self-motivation
7. Fear of injury
8. Lack encouragement from others
9. Lack of confidence
10. Other (specify): _____
88. DON'T KNOW/NOT SURE
99. REFUSED

**NEW 99 QUESTION
MODIFIED IN 2001**

Q185

As an adult, have you ever worked in a garden to grow fruits and vegetables?

1. Yes
2. No
8. DON'T KNOW/NOT SURE
9. REFUSED

NEW 2001 QUESTION

Q186

Think about the last 30 days. On how many of these days did you smoke cigarettes or other tobacco products?

- _____ of 30 days
88. DON'T KNOW/NOT SURE
 99. REFUSED

NEW 99 QUESTION

Q187

How tall are you without shoes?

of feet – **Ans in Q187a**

of inches – **Ans in Q187b**

NEW 99 QUESTION

Q188

How much do you weigh?

- _____ Enter pounds
888. DON'T KNOW
 999. REFUSED

NEW 99 QUESTION

MODIFIED IN 2001

Q189

Do you consider yourself to be overweight, underweight, or about average for your height?

1. Overweight
2. Underweight
3. About average
9. REFUSED

NEW 99 QUESTION

Q190

Are you presently trying to lose weight?

1. Yes
2. No (GO TO Q194)
8. DON'T KNOW (Go to Q194)
9. REFUSED (Go to Q194)

NEW 99 QUESTION

Q191

What is the main thing you are doing to lose weight? (do not read responses)

1. Eat less, fewer calories
2. Exercise more
3. Behavior Modification, Self-observation (logs)
4. Taken medication prescribed by a doctor
5. Taken over-the counter dietary supplements, vitamins, or weight loss drugs (not prescribed by a physician)
6. Laxatives, purging
7. Joined Weight Watchers, Jenny Craig, Overeaters Anonymous, etc
8. Liquid Diet i.e. Slim Fast
9. Smoke Cigarettes
10. Medical Procedures: Liposuction, Stomach Staple, etc
11. Other
88. DON'T KNOW/NOT SURE (SKP Q194)
99. REFUSED (SKP Q194)

NEW 99 QUESTION

Q192

Is there anything else you are doing to try to lose weight?

1. Yes
2. No (GO TO Q194)
8. DON'T KNOW (GO TO Q194)
9. REFUSED (GO TO Q194)

NEW 99 QUESTION

Q193

What else are you doing to lose weight? (do not read responses)

1. Eat less, fewer calories
2. Exercise more
3. Behavior Modification, Self-observation (logs)
4. Taken medication prescribed by doctor
5. Taken over-the-counter dietary supplements, vitamins, or weight loss drugs (not prescribed by a physician)
6. Laxatives, purging
7. Joined Weight Watchers, Jenny Craig, Overeaters Anonymous, etc
8. Liquid Diet i.e. Slim Fast
9. Smoke Cigarettes
10. Medical Procedures: Liposuction, Stomach Staple, etc
11. Other
88. DON'T KNOW/NOT SURE
99. REFUSED

NEW 99 QUESTION

Q194

Have you ever lost at least 10 pounds and kept it off for one year or more years?

1. Yes
2. No (GO TO Q196)
8. DON'T KNOW (GO TO Q196)
9. REFUSED (GO TO Q196)

NEW 99 QUESTION

Q195

What did you do to lose weight and maintain your weight loss? Choose all that apply.
(DO NOT READ)

1. Eat less, fewer calories
2. Exercise more
3. Behavior Modification, Self-observation (logs)
4. Taken medication prescribed by doctor
5. Taken over-the-counter dietary supplements, vitamins, or weight loss drugs (not prescribed by a physician)
6. Laxatives, purging
7. Joined Weight Watchers, Jenny Craig, Overeaters Anonymous, etc
8. Liquid Diet i.e. Slim Fast
9. Smoke Cigarettes
10. Medical Procedures: Liposuction, Stomach Staple, etc
11. Other
12. DON'T KNOW/NOT SURE
13. REFUSED

NEW 95 QUESTION

Q196

Now, I'd like to ask a few questions about you. How old were you on your last birthday?

INTERVIEWER: IF OLDER THAN 99 YEARS, CODE AS 99.

1. Enter age:
8. DON'T KNOW/NOT SURE
9. REFUSED

NEW 2001 QUESTION

Q197

To which of these groups do you belong? (multiple response, read responses)

1. African American or Black
2. Alaska Native
3. American Indian
4. Asian
5. Caucasian or White
6. Filipino
7. Latino or Hispanic
8. Native Hawaiian
9. Other Pacific Islander
10. Other (specify) _____
11. DON'T KNOW
12. REFUSED

[If only one group, IF LANG = 2 or Q197 = 7, SKP Q199, OTHERWISE SKP Q204]

NEW 2001 QUESTION

Q198

Of these, which do you most identify with?

1. African American or Black
2. Alaska Native
3. American Indian
4. Asian
5. Caucasian or White
6. Filipino
7. Latino or Hispanic
8. Native Hawaiian
9. Other Pacific Islander
10. Other (specify) _____
11. Both/All/Multi-Racial
12. None of these
13. DON'T KNOW/NOT SURE
14. REFUSED

[IF LANG = 2 or Q197 = 7, SKP Q199, OTHERWISE SKP Q204]

I am now going to you ask a few questions about language.

Q199

In general, what language(s) do you read and speak? (INTERVIEWER: READ LIST)

1. Only Spanish
2. Mostly Spanish
3. Both Spanish and English
4. Mostly English and some Spanish
5. Only English
6. Other
9. REFUSED

MODIFIED IN 2001

Q200

What was the language you used as a child? (INTERVIEWER: READ LIST)

1. Only Spanish
2. Mostly Spanish
3. Both Spanish and English
4. Mostly English and some Spanish
5. Only English
6. Other
9. REFUSED

Q201

What language(s) do you usually speak at home? (INTERVIEWER: READ LIST)

1. Only Spanish
2. Mostly Spanish
3. Both Spanish and English
4. Mostly English and some Spanish
5. Only English
6. Other
9. REFUSED

Q202

In which language(s) do you usually think? (INTERVIEWER: READ LIST)

1. Only Spanish
2. Mostly Spanish
3. Both Spanish and English
4. Mostly English and some Spanish
5. Only English
6. Other

9. REFUSED

Q203

What language(s) do you usually speak with your friends? (INTERVIEWER: READ LIST)

1. Only Spanish
2. Mostly Spanish
3. Both Spanish and English
4. Mostly English and some Spanish
5. Only English
6. Other
9. REFUSED

Q204

What is the highest year of school you completed?

1. Eighth grade or less
2. Some high school
3. High school grad or GED certificate
4. Some college
5. College graduate (Bachelor's degree)
6. Post-grad or professional degree
7. Other (specify)
8. DON'T KNOW/NOT SURE
9. REFUSED

Q205

What is the total number of people, including yourself, living in your household?

1. Enter number: **(Ans in Q205A)**
9. REFUSED

Q206

How many persons in your household are under 18 years of age?

1. Enter number: **(Ans in Q206A)**
9. REFUSED

MODIFIED IN 2001

Q207

Which of the following categories best describes your annual household income from all sources before taxes:

(read responses)

1. Less than \$10,000
2. \$10,000 to \$15,000
3. \$15,001 to \$20,000
4. \$20,001 to \$25,000
5. \$25,001 to \$35,000
6. \$35,001 to \$50,000 (GO TO Q213)
7. \$50,001 to \$65,000 (GO TO Q213)
8. Over \$65,000 (GO TO Q213)
88. DON'T KNOW/NOT SURE (GO TO Q213)
99. REFUSED (GO TO Q213)

Please answer the following questions about your household meals over the last 12 months.

NEW 2001 QUESTION

Q208

The food that I bought just didn't last, and I didn't have money to get more. Was that often, sometimes, rarely, or never true for you in the last 12 months?

1. Often
2. Sometimes
3. Rarely
4. Never True
8. DON'T KNOW/NOT SURE
9. REFUSED

NEW 2001 QUESTION

Q209

I couldn't afford to eat balanced meals. Was that often, sometimes, rarely, or never true for you in the last 12 months?

1. Often
2. Sometimes
3. Rarely
4. Never True
8. DON'T KNOW/NOT SURE
9. REFUSED

MODIFIED FOR DIET 99

Q210

In the last 12 months, did you or other adults in your household ever cut the size of your meals or skip meals because there wasn't enough money for food?

1. Yes
2. No (GO TO 212)
8. DON'T KNOW/NOT SURE (GO TO 212)
9. REFUSED (GO TO 212)

MODIFIED FOR DIET 99

Q211

How often did this happen in the past 12 months? Was it almost every month, most months, some months but not every month, or only one or two months in the last 12 months?

1. Every month
2. Most months
3. Some months but not every month
4. Only 1 or 2 months
8. DON'T KNOW/NOT SURE
9. REFUSED

Q212

In the last 12 months, have you or anyone in your household used food stamps to buy food?

1. Yes
2. No
8. DON'T KNOW/NOT SURE
9. REFUSED

NEW 99 QUESTION

Q213

What is your zip code?

NEW 2001 QUESTION

Q214

Are you now married, living with a partner in a marriage-like relationship, widowed, divorced, separated, or never married?

1. Married
2. Living with partner
3. Widowed
4. Divorced
5. Separated
6. Never Married
8. DON'T KNOW/NOT SURE
9. REFUSED

Thank you very much. Those are all the questions I have. We really appreciate your help and the time you've given us. Good-bye.

(PRESS '1' TO CONTINUE)

Q215

Indicate sex of respondent

1. Male
2. Female

Q216

Was this interview done in English or Spanish?

1. English
2. Spanish

Q217

Indicate day of the week:

1. Monday
2. Tuesday
3. Wednesday
4. Thursday
5. Friday
6. Saturday
7. Sunday